

Lactic Acid Peeling in the Treatment of Epidermal Melasma

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Objective: To determine the efficacy of lactic acid peeling in the treatment of Melasma.

Methods: This quasi-experimental study was carried out at department of Dermatology, Sir Ganga Ram Hospital, Lahore. A total number of 40 patients, with age ranging from 20-50 years were included in the study. All patients were female except 2. All patients underwent lactic acid peeling sessions at 3 weekly intervals for a total 6 sessions. The severity of Melasma was assessed by MASI score. Efficacy was based on mean decrease in MASI score at baseline and MASI score three weeks after the completion of treatment.

Results: Mean of MASI scores of all these subjects at baseline was 12.62 and the mean of MASI score recorded at the final follow-up was 6.30. Mean decrease in MASI scores was 6.32.

Conclusion: Lactic acid peeling is effective in the treatment of epidermal type of facial Melasma in Asian skin.

Keywords: Lactic Acid Peeling, Melasma, Efficacy.